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From Your Stay At Hippocrates Health Institute

Nitty-Gritty, Practical Tips To Make The Most
Of Your Hippocrates Experience

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Dear Friend,

Thousands and thousands of people have created health for themselves following the Hippocrates Institute program over the last 50 years since Ann Wigmore founded the institute.

And they did it by showing up, learning the material that is taught in the lectures, and going home to make the lifestyle changes they felt comfortable making.

If you love yourself enough to give your body what it needs and eliminate the toxins: toxic food, toxic stress, even toxic relationships, you will create energy, vitality and health.

You could certainly do all this without this Guide. However, it is my belief that this will give you a running start so you can focus on YOU during your entire stay.

Part I is designed to give you a concise picture of what exactly you are doing for yourself in the program and why.

So why do I think it would be extremely helpful to know ahead of time what you will be doing? Because human nature tends to resist change. You are going to immerse yourself for 3 weeks in a lifestyle that is most likely very different from the one you are used to.

And here's the key. It is resistance that causes suffering. Think about it. Any big changes in life – it is the inner resistance that causes us to suffer. The times you have embraced and accepted what's going on, you've had a measure of peace, and succeed with greater ease.

It is my belief that a greater awareness and understanding make it easier to work with your body to create the changes you're looking for. You can be a partner with the trillions of cells who are working within you towards greater health or you can get in the way.

A fundamental principle of the program is that our bodies are magnificent self-healing mechanisms. We just have to get out of the way and provide the tools.

Hippocrates Institute provides the tools so your part is to go ready to engage at 100% while you're there. And watch closely for the results – the

“hard” evidence of changes in your blood work and the “soft” feedback of how you begin to feel following the initial cleanse.

Then you will decide how much of this lifestyle you choose to adopt when you go home.

You will find that while you are different as an individual, the cleansing process has its own rhythm with ups and downs. Most guests find that they are more tired during the first week and sometimes into the second week. By the third week they begin to feel great as the body completes the first level of the cleanse.

If you continue on the program after you return home, you will find that your energy continues to go up and down as the cleanse deepens. But if you stay with it you will reach a point in a few weeks that you feel your energy and level of well-being have reached a new level. You’ll feel better on your worst days than you used to feel on your best days.

Dr. Brian Clement emphasizes that the main reason it is difficult for many to adopt this lifestyle after they leave is that we are used to turning to food for comfort. We have many addictions and enjoy the comfort we associate with certain foods.

The main way to correct this is two-fold. One is to find comfort and happiness in other ways. To ADD

so much to your life that you don't want to turn to the old things in the future.

The other is to do the program 100% while you're there and see how different you begin to feel. Imagine feeling really good all the time and focus on that when you're tempted to eat addictive foods. Is it really worth it to give up feeling that great? Do you want to give up the tremendous mental clarity you experience when you are eating the way nature intended?

Think about it.

Part II is arranged alphabetically covering all the practical aspects of your stay. It's designed to help you both before you go and as a resource while you are there. Print it out and take it with you as a reference and be the one other guests seek out with questions. Feel free to share it with others who may also benefit from it.

Starting with the **Appointments section** – it is crucial that you book your complimentary massages, colonics and H-Wave early to ensure yourself the times that work best for you. This section will take you step by step in how to quickly learn which lectures you absolutely don't want to miss, what appointments are already made for you and when to make the ones you need to make.

This section along with the next one covering **The Buffet** are the most vital ones. Here you'll learn what is the most nutritious part of the buffet and why the daily specials should be treated as *side dishes*.

And there's much more information for you. Green drinks and wheatgrass are vital components of the program so I've dedicated a section to each. And I learned some inside tips that will help you get the most out of the pools and infra-red sauna if that is something you're looking forward to doing.

If you have any circulation issues or chronic pains, be sure to tell the Doctor during your appointment. That way you'll get a prescription for the H-Wave, an amazing therapy that is included with your program. Read about it in the H-Wave section and visit Kevin in the Harmony Room of the Therapy Building to learn more about this amazing healing modality.

May this Guide be of great service to you. I welcome your questions and feedback. Just reply to any emails from me if anything is not clear in the Guide and I will promptly reply and make revisions as necessary.

This is first a labor of love for me as Hippocrates Institute has helped me and my extended family create an amazing state of health. And my costs are offset by small referral fees the institute pays when I refer people. So if this has been helpful, please

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remember me and send any of your friends who
may be interested in coming to my website at
www.hippocratesconcierge.com.

To your health and happiness,

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Part I: Your Part In **Healing**

Your body is a magnificent self-healing mechanism. Your job is to get out of the way and provide it with the right tools.

“Your body is a magnificent self-healing mechanism. Your job is to get out of the way and provide it with the right tools.”

Introduction

I heard Dr. Brian Clement say this in his own words and it stuck with me more than anything else I learned during the 10 weeks I spent doing the Life Change Program and the advanced Health Educator Program.

It’s amazing to me that after so many years (I’m going on 50) of improper diet and exercise and tremendous stress – my body can renew itself again creating more youth and vitality even than what I experienced when I was a teenager.

Your body is magnificent too. Underneath whatever issues you are currently facing is the potential for youthful energy and vitality and clarity of mind.

That last part – the clarity of mind – was a surprise to me. The brain fog I had experienced in the past melted away and I find I can think much more clearly and concentrate for long periods of time.

I don’t think I could have even written this guide before to tell you the truth.

First Things First

When you check in, you will receive a large Health Manual and the little book “Hippocrates Health Program – A Proven Guide to Healthful Living” by Brian Clement.

This book is an easy read and will help you understand in greater detail the basics of the program. I suggest you read it first, before the big Manual.

How Your Mindset Can Help or Hinder You

We’ve already touched on the fact that **it’s not the event itself but the inner resistance that causes the sensation of suffering.** This may be a bit hard to accept. We like to think that suffering is something outside ourselves that happens to us.

But why do I go into it here? What difference does it make?

You’ve taken anywhere from 1 to 3 or even 4 or 5 weeks out of your daily life to do something wonderful for yourself.

Decide right now that you will engage at 100%. There is always some habitual resistance to doing something new. Decide for this short period of time to set it aside and do it anyway.

This one thing will make all the difference in the world.

I realize that guests to Hippocrates come with all levels of experience in healthy living. For some of you, it's a refresher course and a cleanse. For others, it may be completely new and you may wonder how drinking grass and eating weeds is going to help you.

And then there are the enemas. Somehow I missed being informed that this would be part of the program until I was already there. I had never done one before in my life.

They wanted me to do what???

I had never even seen an enema bag before. Lots of resistance came up at the thought of filling up my colon with water while sitting on the bathroom floor.

But you know what? I had decided I was going to do everything at 100% so I could then see for myself what was working or not working. I knew holding on to the resistance would only make it more difficult.

So I let it go and decided I would find a way to have fun even while doing things I wasn't very comfortable with.

Mindset makes all the difference. **Decide to engage at 100% and learn to listen to your body for clues of when you need rest or water...**

Your Body's Natural Cleansing

Your body is designed to quickly eliminate waste and toxins and maintain a healthy environment for the cells.

But what happens? In this day and age we consume so much processed food, meat and dairy that the body is overloaded. It cannot eliminate fast enough to keep up with what continues to come in. So it blocks toxins off in different parts of the body where they will hopefully be out of the way.

If you are eating the SAD (Standard American Diet), the first thing that happens at the Institute is that you STOP the continued intake of harmful foods.

Your body realizes this immediately. Now it can begin to clean out the backlog of toxins it had been storing all over the body. And it also has additional energy to overhaul the system since there are no new incoming bad foods that it has to use a lot of energy just to deal with.

That's the first part that sets the cleanse in motion. Your decision to stick to the program and not eat

anything from the outside during your stay allows the body to begin a thorough cleanse.

So What Are You Taking In?

In the lectures you will learn the science behind the living foods and more detail about the nutritional content of each. Here we are laying the groundwork.

All the work and food preparation is done for you at the Institute, but no one will police you and insist you take in what you need.

That's why I've laid out for you **the information you need to know in the Sections for the Buffet, Green Drinks and Wheatgrass.**

Since you've decided to engage at 100%, decide to make sure you drink your 2 shots of wheatgrass daily on an empty stomach and make your wheatgrass implants for your colon twice a day as directed.

Then you want to get your 3 Green Drinks. In that Section I discuss exactly when and where to find them, what's in them, and what to mix from the various jars to get all the nutrition from the blue-green algae and garlic and ginger as well.

And make sure you pile your plate with the living sprouts at mealtime as discussed in the Buffet Section.

The results you get from the program will depend on your level of adherence to it.

So now, you've not only stopped the incoming harmful substances, you've also begun to fortify your cells with maximum **vitamins, minerals and enzymes.**

Doesn't it make a lot of sense that you can heal yourself by giving your body the right tools to work with?

Another way to fortify your body is to make sure you get half an hour of sunshine everyday. Florida has lots of sun, making this easy during your stay. Early morning and late afternoon are the best times. See the Section on Sun. You see, what's great about the living foods is that the plants absorb the sun's energy for you to eat. And you also need to get some directly yourself.

Elimination

You are greatly helping your body by taking in the best nutrition on the planet.

You could stop here and still make some real progress in your health.

However, your body needs to take out the trash to do a thorough housecleaning. And you can greatly help it in this process as well.

First, you will be asked to do daily enemas. This was new to me and the idea was very uncomfortable and it may be to you as well.

In our culture, we think nothing of taking daily showers to clean ourselves, but the idea of giving our colon a bath seems so foreign.

All I can say is that it will really help you to feel good much faster than doing the rest of the program without this. It's better to get this stuff out than keep it inside. By just taking in a bag of water, you help your body wash out old stuff that's been stuck sometimes for years.

You see, when the body begins to cleanse, the waste that was stashed away begins to circulate through the bloodstream and you may feel a bit sick until it comes out of the body.

So help it get out!

Follow the enema with a wheatgrass implant which will help replenish the good bacteria in the colon wall that gets washed out and **you can absorb the nutrients from the wheatgrass directly to your liver.**

During the enema lecture, you will also learn about the wheatgrass implants. At the Institute you have an abundant supply of wheatgrass, so take the opportunity and do the two implants a day that are part of the program.

If you lie down and relax after doing an implant, you may very likely be able to retain the wheatgrass for a much longer period, giving you even more benefit.

Another great way to help the body eliminate is by inducing sweat. You can do this through exercise or by spending some time daily in the infra-red sauna and the mineral pool. The skin is by far the largest organ of elimination.

Also, by drinking the required liquids – one-half of your body weight in fluid ounces per day, spread out over the entire day – you keep yourself hydrated and help the body eliminate more toxins through the urine.

The massage and colonics therapies included in the program are also designed to help your body move out toxins and clean out the system. Make sure you get to these.

Get Plenty of Rest and Sleep During Your Cleanse

You will find a section on Rest & Relaxation to start you with ideas of the many ways to relax at Hippocrates.

The main thing is to listen to your body and rest when you feel tired. There is a lot going on inside you while your body goes through the cleansing process and you may find yourself falling asleep at odd hours. Let that be ok. Remember this whole thing is for you – your body deserves the love and attention you’re going to be giving it.

There are also many places you may want to take quick naps besides your room: the pool area, the hammock near the gym, the waterbed in the gym...

You may even fall asleep at a lecture, don’t worry about it. Your body knows what is best for you and will do what it needs to do. Just allow it to happen.

Unplug from your regular life as much as possible. You are here to rejuvenate. Leave your cell phone off. There are some guests with sensitivities and cell phones are not allowed in the public rooms.

Get a good night’s sleep. You’ll find the Institute is very quiet, usually by 9 pm. There’s no reason to stay up late and miss the opportunity to get some great rest.

Consider juice fasting on Wednesdays. More on this in the Fasting Section. But here as we're talking about rest, I want to emphasize that even living foods require you to exert tremendous amounts of energy for digestion. Juices are pre-digested and move through your system very easily. Taking a break from eating one day gives your body a deeper rest from the daily work it has to do.

You may also enjoy meditation or yoga. Whether you want to deepen your practice or try it for the first time, you'll find that both of these help quiet the mind and induce a deeper state of tranquility. Group classes are available in both of these as well as Tai Chi and Chi Gong.

Move Your Body

While your body is cleansing, you may not feel like doing heavy exercise. That's ok. What's important is to move your body.

Your body is designed to move and some parts may need to wake up a bit if you haven't been very active. Do this gradually and lovingly.

Read the Exercise Section for several ideas on how you could move your body everyday.

Mental & Emotional Healing

While the emphasis at Hippocrates is on physical healing, the mind-body connection is recognized. There are two psychologists on staff who give lectures, one leads the Healing Circle (see that section), and one of them will meet with you one on one as part of the program.

Because the mind and body are so interconnected, you will find that cleansing your body itself begins to free your mind. You may also find that things come up for you to cleanse out of your mind, which will in turn help you move along with your physical healing.

Either way, both of these men are wonderful and are included in the program to help you with your healing.

Bringing It All Into Balance

Knowing the key aspects of the program will help you find your balance and develop a rhythm during your stay.

Are you an early riser? You may want to start your day with your daily enema. Then over to the juice room for your wheatgrass and implant.

You could choose to join a meditation group or exercise class, walk in the grounds or head over to

the pool for a refreshing cold plunge before the morning lectures.

Make sure you get your 9 am green drink whatever you decide to do. I often went to the Hacienda to get mine in a bathrobe or with a towel wrapped around me since I was coming from the pool.

Following the morning lectures, you will have a couple of hours for lunch. You can have a leisurely lunch with new friends by the fountain or head out to the pool or use some of this time for appointments.

After the afternoon lectures, you will have more free time. This is the best time to have a massage, go for an H-Wave appointment or head out to the pool.

Have your second shot of wheatgrass around 4 pm if you don't want to do it late at night. It's ok to mix with Green Drink but not solid food so I found this to be a good time between lunch and dinner.

Are you beginning to get an overall picture? You can dig down even more into a sample week in the Lectures Section.

You get to design your days around what you want to accomplish. Find the rhythm that works for you, **keeping in mind that your job is to help your body to heal.** Remember:

1. Drink your morning and afternoon 2 ounce shots of wheatgrass and three 12 ounce green drinks daily. Also complement with enough water to get you to half your body weight in ounces. For ex. If you weigh 140 pounds: half of that is 70 – so you need 70 fluid ounces daily. You get 40 ounces from the green drinks and wheatgrass, so you need another 30 ounces of water taken throughout the day, but not with your meals.
2. Eat delicious gourmet raw foods with an emphasis on the sprouted greens, the sprouted beans and the sauerkraut.
3. Do one enema and 2 implants daily for three weeks. After that you will reduce to 1 per week of both.
4. Get plenty of rest – at least 8 hours at night and naps are good too.
5. Move your body in some way everyday. Choose one way you enjoy out of the many ways available.
6. Learn the program by attending the lectures, take notes, use a recorder if you wish, and ask lots of questions. Read your manual to complete your understanding of each lecture.
7. Spread out your massage, colonics and H-Wave appointments over your stay and treat yourself to some pampering. You deserve it.

8. Meet with the psychologists, meditate, and spend some time by yourself to help your mind release and cleanse along with your body.
9. Take in half an hour of sunshine each day in the early morning or late afternoon.

Above all: **HAVE FUN**. Use the facilities: the pools, the infra-red sauna, the therapy beds, and all the nooks and crannies where you can sit and enjoy nature.

Part II: How To Get **The Most Out Of** **Your Program**

Here you will find the practical, nitty-gritty tips to make the most of your time while you are at Hippocrates Institute.

Arrival & Appointments

One thing I found really interesting about the way Hippocrates does things is that you're pretty much on your own when you're there.

Believe me, this has its good points. No one will be checking on you to see if you made all the lectures, no policing for truancy like they do in my kids' schools. This is your life and they create the environment for you to fill it as you choose.

But this approach has its challenges too. The first time I went, it seemed I was running around like crazy all week. Then, in my last two days I tried to cram in everything I had missed.

I think the more you know about what to expect, the better off you'll be. You know best what you need: maybe it's to cleanse your body and rest, maybe it's to really learn the program so you can take it home. Or maybe like me you want all of it: to have a great getaway and cleanse and relax and learn the program.

Well, you can do it all with a little preparation.

So first, do you plan to arrive Sunday morning?

This is a great idea because Sunday afternoon and evening are pretty busy. And you will have time to

relax and make appointments. Plus you can start on the green drinks and lunch right away.

So plan to arrive as early as you can on Sunday morning. Some guests even come in the night before and stay at a nearby hotel. Even before the check-in time, you can pick up your weekly schedule of lectures and check if your doctor appointments are up on the board yet. The doctor and psychologists are the only appointments made for you and you want to make a note of these times and plan the rest of your stay around them.

Next, are the appointments you will make. You will have massage, colonics and H-Wave therapies (to learn more about H-Wave – look in the H-Wave Section) included with your stay. And you may want to book some other treatments in the spa as well.

Whatever you want, it's all available. You just need to plan a bit and actually make the appointments. Make them early, on the day of arrival if possible. What happens is that certain therapists get booked up. Or all the beds in H-Wave are booked and they offer you more appointments on your last week to compensate you. Believe me, it's better to spread them out if you can.

So don't wait, sit down and figure out the times you are available and then go to the Therapy Building and make your appointments.

**Ok, now you know the Doctor appointments,
what else do you need to know before you start
picking times for your other appointments?**

I found that most of the program material you absolutely don't want to miss is given in the morning.

With your schedule in hand, sit somewhere comfortable and **look for the lectures that don't give the name of the speaker.** (Most have the first name of the lecturer. For ex. Wheatgrass with Michael). Plan to attend these for sure. They are usually taught by the directors: Dr. Brian Clement or Dr. Anna Maria Clement.

Block the time out to attend them. You don't want to miss them. Most guests would agree that they are the best lectures and present the most important material. For more detail, see the Lecture Section.

Now that you have your doctor appointments and top lectures blocked out, look over the schedule for other lectures you really want to hear and add them to your plan.

Doing this in writing will give you a clear picture of times you have open so you can choose where to place your appointments.

What appointments are you making exactly?

First, you want to book the therapies included in your program. Currently there is one massage per week and one colonics during your stay. This may change. The receptionist at the Therapy building can also help you get clear on what's included. You also get a visit with one of the psychotherapists, but this one is usually made for you and posted with the Doctor visits.

The H-Wave appointments are made in the Harmony Room which is closed on Sunday. More about that later.

On your arrival day, go to Therapy Building and make your massage and colonics appointments. It's best to book appointments for your entire stay at this time as they fill up fast. Just be aware of the cancellation policy if you need to make changes. Currently Hippocrates requires a 24-hour notice to cancel an appointment. (Or you lose it if it's included, and are charged for any other ones.)

Look over the brochure and ask about any other therapies you might be interested in. Are they filling up fast or are there plenty of spaces?

Here's a tip I picked up: a Swedish massage is included for each week of your stay, but if you prefer a specialty massage, you can upgrade and pay the difference.

Pencil these into your plan as you make them.

What about H-Wave and Diapulse treatments?
You still need to make those appointments too.

If you have any pain or circulation issues, the H-Wave Therapy is amazing. Generally three visits a week are included in the program for as long as you stay. However, I've found that it's really based on your needs and the availability of the beds. So if you need daily treatments because of chronic pain, you can get them at no additional charge if you book early. You can find out more about these therapies in the H-Wave section. Here let's get on to making the appointments.

H-Wave appointments are made in the Harmony room of the Therapy Building, which opens Monday morning at 9 a.m. Your best bet is to go ahead and reserve as many spots as you can for all the weeks of your stay. With the H-Wave therapies, there is no penalty for last minute cancellations.

When you go in, the staff will most likely request a prescription from the doctor. Just tell them that you will bring it when you get it, but you want to make sure that you get the times you want.

H-Wave and Diapulse are done simultaneously and take about 30 minutes. But it's best to allow yourself an hour. Sometimes when it's not busy, you'll want to stay more than 30 minutes.

So now you have made all your appointments, it's time to relax. Plan on spending a lot of relaxation time. Don't try to be in every lecture - unless you really want to.

What's important to you? Do you want to enjoy the pool? Do you want to exercise every day?

When you get clear about what you want, you'll see how it all falls into place. With a little planning, you will have the time to do exactly what you want to do without ever feeling rushed.

The Buffet and Food Preparation

Your very first meal - Sunday lunch, if you arrived early - is spread before you. All those lovely (or strange, depends on your point of view), fresh organic veggies are spread out on a long table. What will you eat? Do you skip the less familiar food or do you try it?

How Should You Fill Your Plate?

During the ten weeks I was there, a lot of people asked me how to fill their plates. Many times they were completing their final week and still weren't sure. Perhaps they missed some of the lectures that cover the nutritional value of the various items.

The truth is everything is good and organic so you can't go wrong. But there are things you need to know to really optimize your nutrition while at Hippocrates.

Therefore, let's walk through the buffet as it's laid out each meal. This will help you make the best choices.

First is the spring lettuce mix. It's light and tasty, but not that high in nutrients. A little bit makes a good starter to your salad.

Next, there are three types of sprouted greens: sunflower, sweet pea greens, and buckwheat. They are loaded with vitamins and minerals. The sunflower sprouts are the most nutritious and the best tasting.

Any combination of sprouted greens should be at least half your meal if you want to maximize your nutrients.

A few sunflower sprouts will look like a lot on your plate. You'll see when you cut them that they shrink down to much less. By the way, if you take smaller helpings – you can always go back. You will find the food and juices are very filling because they supply the body with a ton of nutrients.

Then come various sprouted beans. The most nutritious of these are the adzuki and mung beans. They are great for her healing and energy. They also add a crunch to your salad. Try a little of each on your salad or rotate them (adzuki one meal, mung the next, etc.)

Next, as you continue down, are the daily offerings. As Ken Blue the head chef says: treat them as *side dishes*. They add taste and variety, but should not be what you fill up on. The side dishes are less nutritious and usually contain more fat in the form of organic oil or they're made from nuts or avocados.

As you'll learn from Anna Maria, even the good fats should be taken in moderation. (About 10% of your diet). If you have any allergies to nuts, be aware and check with the kitchen if you have any doubts.

Finally, at the very end, are the dressings, sauerkraut, and olives. Each meal includes both the house dressing and special dressings that vary from meal to meal. The house dressing contains a lot of oil. Try the daily dressings as they are very good and usually are much lighter.

Also add some sauerkraut to each meal. This food is loaded with enzymes and friendly bacteria which become the workers in your body. Many guests skip this wonderful food because they don't know how healthy it is. While some naturally like it, it took me a while to develop a taste for it. Now I love it.

So to sum up, be sure to eat sunflower sprouts, some of the beans, and the sauerkraut at every meal. Once you've built your plate with these essentials, you will discover a rhythm of how much to add of the other tasty things.

How Can You Learn To Prepare These Foods?

If you're interested in learning how to prepare these foods for yourself, be sure to attend Ken Blue's weekly lecture usually held on Thursday

afternoon. He will bring out several of the dishes he's currently preparing and demonstrate while he's talking.

He will also leave you with a printed book of recipes to take home. If you are there several weeks, please be aware that even though the books look alike, they are different. You will get new recipe books at each lecture.

The kitchen staff is very friendly. Get to know them and work with them for any special needs you may have.

If you are *very* interested in food preparation, ask if you can help out one day and get some hands-on experience. Although the hands-on demonstrations are really good, you will always learn more by doing it yourself.

You can also stop the friendly kitchen staff and ask them how to make your favorite dishes. Ken Blue will tell you that you are welcome to call him after you leave if you need help making these items at home. The best time to reach him is in the afternoon.

Colon Hydrotherapy

One colon hydrotherapy is included during your stay. It is most effective on an empty stomach. So the mornings generally work better.

What is colon hydrotherapy anyway?

Colon hydrotherapy also known as colonics is a gentle cleansing of the colon with water through a machine. The therapist assists in the procedure and provides massage in the abdominal area.

If you choose to fast on Wednesdays, the best time for a colon hydrotherapy is Thursday morning after the fast. For more, see the Fasting Section.

What is the purpose of colon hydrotherapy?

You will hear a lot about your body detoxing (see Detox section) during your first week. This is especially true if your diet was not so good before you went.

The purpose of colon hydrotherapy is to help your body eliminate toxins stored in the colon.

Imagine you inherited a house that needed a thorough cleaning and renovation. This is often how the human body becomes through “food” that

it doesn't recognize. But it's so overworked, it can't deal with all the extra junk. When you start to give it exactly what it needs, it can finally get to this major overhaul: clean out the junk and begin to rebuild the cells.

Detoxification

Detoxification is the elimination of toxins that are stored in the system. The body is overwhelmed and unable to eliminate them. So they are stored throughout the system, swept under the carpet.

When you give the body the tools it needs to do the job, it begins by detoxifying. As you drink the juices and eat the healthy nutritious food, the body begins to clean out the junk.

You may not feel so great during the detoxification, but you can help yourself by listening to your body. If you're tired, rest. Pace yourself and get the rest you need. Remember this is for YOU.

Also as mentioned in the previous section, cleansing of the colon also helps the detoxification process. The quicker you get the toxins out of your system, the quicker you'll begin to feel really good.

As you talk to other guests you'll find many go through this the first and into the second week and feel better than ever by the third week.

The main thing is to trust that your body will do what it needs to do. We've been programmed in this culture to always try and stop it: take an aspirin to stop a fever, antihistamine to stop a runny nose. It's all wrong. The body needs to eliminate and it

does so in many ways: through the skin, mucus,
colon and bladder, etc.

Doctor Visits

You will find the appointments are already made for you with Dr. Joe and Dr. Anna Maria.

Arrive early to your timeslot so you can have all your designated time. **Any questions you have about your specific health issues, this is the time to ask. In fact, prepare ahead by writing down your questions.**

Since the doctor offices are in the gym, you can easily find something to do if they are running behind. Use one of the therapy beds or do a little workout, or even bounce on a rebounder (these are great for moving your lymph).

Additional Treatments?

Many guests are already familiar with and interested in some available high-end treatments offered at Hippocrates such as the hyperbaric chamber.

I didn't experience any of them myself, but I talked to many guests who were happy with the results.

In your visit with Dr. Joe, he may recommend a high-end treatment based on your specific condition. **It's important for me to stress that**

you can heal yourself with the basic lifestyle program without these extras in most cases.

I decided to include this in the Guide because I sat in the Doctor visit with my father-in-law. It was recommended to him that he do 2 extra kinds of treatments that would have cost him an extra \$3,000. He is retired and on a fixed income and he about fell out of his chair. It was already a stretch for him to come to the program.

I want it to be clear that there was no pressure – just a recommendation that this would help him with the issue he was dealing with of an enlarged prostate. But over his lifetime he has been used to doing what doctors tell him. In fact, it was difficult to get him to come to the program instead of going down the road his doctor had laid for him – more medications, a biopsy and then who knows?

So because a doctor was telling him this, he was torn. Finally, he decided to focus on the basic program he came to do and today he is in great health.

Remember you are in charge of what's best for you. If you're ever in doubt, ask a lot of questions, ask Dr. Anna Maria for her opinion, and do your own research.

There is a computer with high speed access for guests to use in the gym just outside the doctors' offices.

Live Blood Analysis

Also known as dark field microscopy, live blood analysis is just what it sounds like – the study of live blood cells under a microscope.

Dr. Anna Maria is world-renowned for her skill in this area. She will be able to tell you a lot just by looking at a few drops of blood. You may need to slow her down so you can really get a lot out of what she is seeing in your blood.

If she says something you don't get, don't be shy. Stop her and ask her to go back and explain it to you.

Your visit with her is a highlight of the program, so be prepared and take notes. If you are staying 3 or more weeks, you will have a before and after visit with her where you'll get to see your blood at the end of your stay and compare with how it was when you first got there.

This is what's going on inside you right now! Take notes of what she shows you and learn more about specific challenges you may have to improve. Then make it your goal to see a big change by your third week.

Exercise

Hippocrates' teaching on exercise is very much in line with generally accepted ideas about exercise:

1. Exercise is an essential component of health
2. Three areas are equally important: stretch, cardiovascular and weight or resistance exercise.

My philosophy is also in line with this. In terms of energy, your intake of sun, fresh air and vital nutrition provide the supply of energy. Exercise provides the demand. Without demand, muscles grow weak and atrophy.

You really want to listen to your body. When you first arrive you may find you need to focus more on building the **supply** of energy and work on doing lighter exercises. You don't want to overexert yourself in the beginning.

You're here to vacation, cleanse and heal. You also want to decide how you will exercise.

Hippocrates offers some wonderful group classes that will get you moving without over-exertion. Group classes are given in the pool and the gym. Or you can do some weight training on your own.

Check your schedule for weekly times and choose one – try something new!

You could plan to attend one each day or just go for walks on the beautiful grounds. For early risers, a van will take you to a nearby park with walking/running trails.

For those already used to working out, if you don't find what you need in the gym, ask about complimentary passes to a nearby full-service gym. But you will probably find enough weights and machines to get a good workout without ever having to leave the peaceful grounds.

Fasting

You may not be fully aware that your body has a lot of work to do to process each meal you eat. One way to help your body is to cut down the work load. Then you can use the extra energy to cleanse and heal.

Whether you do any fasting depends entirely on you and your body. If you can, it can really give your body a break.

Hippocrates does not do water fasts or multi-day fasts. It's really quite simple. Wednesdays are designated fast days. You'll find extra green drinks at mealtimes and raw soups at dinner.

You are getting all the nutrition you need so it's likely you won't even feel hungry. Again, this is on a case by case basis.

However, the once a week juice fast is optional. If you choose to eat, you will find the buffet laid out at the usual lunch time. You will prepare an extra plate for dinner and ask the kitchen to set it aside for you.

There is also no breakfast except for a delicious fruit buffet twice a week. The reason is that it's best to only have the green drinks in the morning. This allows your body maximum energy. Again, this is not set in stone. The kitchen will prepare

cereals as prescribed by the doctors for those who need to eat for various reasons.

Wednesday is also a great day to be silent. You can request a sticker that tells everyone you are being silent.

This is a great opportunity to break away from the normal talking and eating and spend more time in quiet, prayer and meditation.

Green drinks

Two components of the program have been primary since the beginning: wheatgrass and green drinks. For more on wheatgrass, check-out that section. Both green drinks and wheatgrass are a primary source of energy, vitamins and minerals.

First, make it a point to look for them at 9 am, 11am, and 4 pm. You'd be surprised how busy you can get and forget to get your green drinks. That happened a lot to me on my first stay.

So no matter what else is going on, get your green drinks. This is a major way to give your body the right tools so it can cleanse and heal.

What's so important about these green drinks and what's in them?

At 9 a.m. you start with 100% organic cucumber juice. This drink is fresh, and very alkalizing.

Alkalinity measures the Ph balance. All foods fit on a continuum between alkaline and acid.

Your body naturally wants to be more on the *alkaline* side. Because many of the foods in our modern world are *very acidic*: processed foods, coffee, meat and dairy; your body may be very *acidic* when you arrive (I was).

By starting each day with a very alkaline drink, you get your body off to a great start.

And the green drinks are helping your body neutralize the built-up acid in your body. They are also very high in vitamins and minerals. And because they are juice, they are very easy for your body to digest. So the third benefit to you is that you are getting all this energy without having to use much energy to extract it.

At 11 am and 4 pm, the drinks are a little stronger and even more nourishing. In addition to the cucumber, they contain sprouted greens – living sprouts, same as on the buffet.

Alkalinity, vitamins, minerals and loads of energy.

You'll learn a lot more about the nutritional content at the lectures.

The main thing here is to impress upon you: make sure you get your 12 oz. each time. That's two of the paper cups in which you serve your juice.

Where do you get them?

The drinks are brought to the Hacienda, the Therapy Building and any other location where a lecture is scheduled at those times.

Also plan to get them when they first come out. Even juice that has sat around for only 15 minutes has lost much of the nutritional content.

You will see that people quietly go to the back of the room and serve themselves even in the middle of a lecture. It's for your health!

What are the jars marked blue-green algae, garlic and ginger?

Blue-green algae is served at 11 am and 4 pm, but only Monday, Wednesday and Friday. Look for a specially marked jar and add 2 oz. to your drink.

This has wonderful health properties. There's a whole section in your Hippocrates Health Manual dedicated to explaining the benefits of blue-green algae. Read it and make sure you get some each time it's put out.

Garlic and ginger are added to the other marked jars. You'll see these every day at 11 am and 4 pm. **They are very strong. You want to add a little from one of these jars to your green drink to get the benefits of organic raw garlic or ginger. Don't drink either one of them straight!** In other words you will dilute it with the regular green drink.

H-Wave and Diapulse

H-Wave and Diapulse treatments are also included with your stay.

What exactly are the H-Wave and Diapulse Treatments?

H-Wave is a machine with pads that are strategically placed on your body. It emits electrical pulses similar to your body's own heartbeat.

If you have any issues with chronic pain or circulation, be sure to tell the doctor during your appointment.

You will then get a prescription to take to the Harmony room for your treatment. Hopefully, you've already booked all your appointments as outlined in the Appointments section.

Generally, 3 visits per week are included. **But you can get more at no extra charge if you need them and the time slots are available.**

One of the friendly technicians will hook you up to the H-Wave while you relax on the bed.

The **Diapulse** treatment is done at the same time. This machine is placed directly over the area being

treated. It emits an electro-magnetic pulse that energizes the area or organ being treated and helps cleanse the body.

How long do I need for these treatments?

Because both therapies are done at the same time, you can plan on 30 to 45 minutes each visit. It is actually very relaxing and you may sometimes want to stay longer. Although appointments are booked for 30 minutes, you may get longer if no one is waiting for your bed.

Lastly, the Harmony room also has a **Turbosonic** machine. Normally you do not need an appointment to use it. It's a great way to move just about every muscle in your body in 10 minutes.

Before using it, read the contra-indications posted on the machine. It's not safe to use if you suffer from any of the conditions listed. And unless you are a world-class athlete, use the lower settings as it can be quite rough.

Ask a technician in the Harmony Room to help you. Don't be shy.

If it is safe for you to use, this is something you could come in and do each day. In just 10 minutes, you will move a lot of muscles.

Healing Circle

You will find the healing circle on your schedule – normally it's Thursday morning. It's not a lecture. Andy Bernay-Roman, one of the psychologists, leads it.

It's a group therapy session conducted in a friendly relaxed environment. Many guests describe it as one of the highlights of their stay.

Whether you are someone who likes to volunteer for the “hot seat” and work directly with him, or you would rather learn by watching someone else - you'll get a lot out of it either way.

Plan to arrive early as seating is limited. It's held in the El Dorado house, which is just past Casa Grande on the paths. If you're not familiar with either of these houses, find someone who knows the way and walk with them.

Infra-Red Sauna

The first question is: where is it?

You may have seen it on the tour, and can't remember where it is. I talked to some guests in week 3 who forgot it was there for them to use.

The infra-red sauna is behind the restrooms in the pool area. You have to walk around by the small shower until you're standing directly behind the 2 restrooms.

What is an Infra-Red Sauna?

It is similar and yet quite different from a traditional dry heat sauna.

When you think of saunas, you probably think of sweating.

Well, yes. Sweating is a great way to eliminate toxins from the body. If you generally find it hard to sweat, you should definitely consider making this part of your daily routine.

Let's cover three main points about the infra-red sauna:

1. An infra-red sauna penetrates 2 inches beneath your skin and heats you up from the inside out.

Traditional saunas just make the room really hot so you start to sweat.

2. Because you heat from the inside, it's almost as if you were running a fever; therefore, it is great for destroying disease.
3. **It doesn't have to be that hot to be effective. In fact, if you are at a comfortable temperature of 120F, you will get more benefit as you will be able to stay longer.**

A regular sauna limits you to ten minutes because it's so hot. Here, you can stay as long as your body feels good.

Now, since many people think it has to be so hot to work, you may often find it much hotter. Try it out to find what works best for you. You will get all the benefit from the infra-red even if you turn off the regular heater on the floor

How Do You Work The Sauna?

The instructions outside the sauna may leave you confused as they did me. There are actually 2 separate controls. The timed button on the outside triggers the infra-red boxes. This is the more important one. You then choose a box to sit in front of. That's it!

Inside there is also a traditional sauna heater that will quickly warm up the room if you ever find it cold. The controls for this are near the floor as you face the heater from the door.

Here's another tip when using the sauna: **if you'll go in the mineral pool for 15 to 20 minutes first, you'll find yourself breaking a sweat a lot quicker.** The warm mineral pool opens up your pores and begins drawing out toxins from your body. For more on the mineral pools, check out the Pools Section.

So if you do the mineral pool followed by the infra-red sauna, you will find yourself relaxed and quickly eliminating toxins.

Just one hour a day going from the mineral pool to the Infra-Red (and back and forth if you wish) will greatly accelerate your body's cleansing and elimination. And the faster you eliminate toxins from your system, the sooner you will start to feel really good.

To make the pool & infra-red sauna ***or anything else you feel drawn to do*** part of your daily routine: plan to do it in the morning before lectures begin or in the late afternoon or evening.

The pools are open and lit all night and many guests enjoy them on warm evenings.

Lectures – Learning the Program

Hippocrates rotates their lecture schedules every 3 weeks. When you attend the three week life change program, you will get all the lectures. They are designed so that regardless what week you start on, each week stands alone and builds on other weeks.

Because there is so much going on, I thought it would be helpful to walk you through a sample week. Look this over when deciding when to make your massage, colonics and H-Wave appointments.

Sample Schedule

This is only a sample as weeks vary. I've labeled all the lectures that explain the essentials of the program – CORE talk.

Sunday

AM: Arrival & Check-In.

PM: The Program begins at 4 pm. You have lots of time before that to get settled and make your appointments. The rest of the day you'll be busy getting off to a great start and meeting your fellow guests. You'll find yourself quickly making new friends in this warm and inviting environment.

Monday

AM: Blood draw early in the morning and new guest orientations. It's a busy morning, no time here for massage appointments.

PM: A brief lecture on colonics: very important if you're not already familiar with colon hydrotherapy. Then Antony, one of the psychologists gives a talk with an experiential session.

- you'll have free time too for appointments.

Tuesday

AM: Meet the Therapy gang followed by a CORE talk – another busy morning.

PM: Another CORE talk

- you'll have free time too for appointments.

Wednesday

AM: Dr. Blossom teaches about natural hormone replacement therapy and staying young. Then you'll have another CORE talk.

PM: **More free time especially if you're fasting.** Check out the lectures offered, use this time for a massage, the pools or exercise.

Thursday

AM: Healing Circle (see Healing Circle Section) – go to at least one and try it. It's a busy morning.

PM: Kitchen Techniques with Ken – great way to learn how to prepare some of the dishes yourself.

- you'll have free time too for appointments.

Friday

AM: CORE lecture

- you'll have free time before 10:30 am.

PM: **More free time, but do plan to attend graduation, it's a very special time.** Check your schedule for specific times. You will graduate on your last week and are welcome to attend and support your new friends each Friday.

This lasts about an hour so there is plenty of time on Friday afternoons to plan other things.

In-Between Weekends

You will have lots of free time on the week-ends if you're staying several weeks. It's a great time to relax and have some therapies.

On Sundays you can also take a tour to the beach and a health food store with a picnic lunch – see the Tour Section for more on this and check your schedule for specific times and trips.

I hope it was helpful to you to go through this with me. You're looking at a few key ideas instead of a very detailed schedule.

You'll see that most of your free time is in the early morning or late afternoon. The spa also offers various therapies in the evenings.

With a little planning you can attend all the CORE lectures and have your appointments in the spa. (I've given the name CORE to all the lectures by the Directors and Michael that will help you learn the program so you can take it home with you.)

Don't get me wrong, all the lectures are very informative and you should plan to attend as many as you can. But if you need to rest or make an appointment when lectures are going on, make sure you make the CORE ones.

Remember you're there primarily to take care of YOU. Plan your time to meet your needs.

Meditation and the Mind

You may have heard the term body-mind before.
Your body and mind are so closely connected that any change you make will always affect the body-mind.

I knew about this concept in general and still I was surprised how much this was true. When I changed my diet to one of Living foods, my mind became so much clearer. It's like a fog lifted.

Any changes you make will affect both your body and mind and you're here to make positive changes, right?

When you nurture your mind during your stay as well as your body, your whole system will change more naturally and easily.

So what does it mean to nurture your mind?

Only feed it thoughts that are loving and positive and slow it down.

You could attend a meditation or yoga class or just sit quietly by yourself. The important thing is to slow down. If you're not used to it, your mind will likely jump all over the place.

Just let it. Don't resist it. Just sit back and watch.
**Give yourself this time that you don't jump up
to do something your mind brings up.**

You're here to rest.

Be mindful of what you're doing and saying to
yourself throughout the day. **You don't have to
change it, just be mindful.** This is a key stage in
meditation, developing mindfulness.

Watch yourself without judgment. Just watch with
curiosity and see how interesting it is to observe
your mind working.

Pools: Mineral Pool, Swimming, Jacuzzi and Cold Plunge

As you walk into the pool area, you will see three pools. None of the pools contain chlorine, though the Jacuzzi sometimes smells like it. They all use a salt based system.

The larger one on your right is the normal swimming pool. **Use it to swim laps or take a pool exercise class. Or just use it to cool off.**

On your left as you walk in is the mineral pool. **Soak in the pool for at least 20 minutes. It will pull toxins from your body. Grab a noodle and float a while.** This pool is about 100F. It's not as hot as the Jacuzzi, but comfortably warm.

It's especially good to go in for at least 20 minutes before entering the infra-red sauna.

Straight ahead is the Jacuzzi. It's kept very hot. You may want to go in the mineral pool first to allow your body to gradually get used to the higher temperature.

The last pool on the far left is a cold plunge pool. It's normally kept at 50°F.

You may have heard about hydrotherapy on the tour. In general, it means water therapy. Here the

idea is to raise your body temperature in the Jacuzzi, then lower it in the cold plunge.

It's best to start in the Jacuzzi and get nice and warm. Then go back and forth into the cold plunge 7 times.

At first, you'll want to jump right out of the cold one. That's okay, but try to stay longer each time. Also, here's a counter-intuitive idea. You will want to tense up and close your body when you feel the cold. It's a very natural reaction. But you actually feel colder when you tense.

Choose to relax and allow the cold in. After all, it's only a few minutes and you'll be right back in the Jacuzzi. When you do this, you'll find that the water doesn't feel as cold. Also, each time you do it, it'll be easier to stay in longer.

Another tip: you may want to finish your pool time in the mineral pool and not rinse off. The amazing properties of that pool will continue reacting with your skin and hair even after you get out.

To sum it all up, there are three therapies, you can do in the pool area:

- 1. Relax in the mineral pool, while your body pulls out toxins. This is fun and very relaxing. Stay as long as you wish, but get out slowly.**

- 2. Go in the infra-red sauna until you're sweating profusely. Then rinse off in a cool shower. Repeat if you have the time.**
- 3. Do the seven plunges in the cold pool, each time warming up in the Jacuzzi.**

Ask the doctors when you see them whether your specific health issues would preclude you from doing any of these therapies.

If you're good to go, including all of these therapies in your daily routine will leave you feeling amazing.

Rest & Relaxation

You're here to learn, have numerous therapies, and do some exercise. And you're mostly here to get some rest and relaxation.

Your body needs a combination of rest and nutrition so it can take you through the healing process.

Where Are Some of The Best Places to Relax?

1. **Pick a therapy bed in the gym.** They are all great in different ways. If you don't know how to work them, don't be shy. Ask someone who works there or even a fellow guest.
 - a) **The water bed with the headsets** is very relaxing. If it's not working, open the little door and make sure all the buttons are on, then push both play buttons. Learning this, you'll be one of the few guests that knows how to work it. The other beds are relatively easy to work.
 - b) **The bed next to it balances the fluids in your body.** This too can be really nice. Always listen to your body. If it doesn't feel good, do something else.
 - c) **The massage bed can be a little rough.** You may want to just lie on it and use the infrared lamps.

You must turn the bed ON to work the lamps (but not click RUN if you want to do it without the massage).

- d) **The Vibrason helps to separate the cells in your blood.** It takes a little getting used to, but you can fall asleep on this one pretty easily.

Please remember that the waterbed sound therapy and the Vibrason should not be used together. You need at least 4 hours in between.

2. **Take a nice rest in the hammock.** It's on the path to the Hacienda as you walk from the gym. Looking up at the old trees will make you feel that you're in another world.
3. **Meet with friends in the Hacienda** when there are no lectures. Grab a comfy chair and sip some hot tea. Or just hang out when it's time for green drinks.
4. **There are numerous spots around the pond and the little waterfall.** You may want to sometimes eat alone out here.
5. **The Yurt and Hut are rarely used for classes.** You'll find them open the rest of the time. They make a great place to get away and sit quietly or meditate.
6. **How about a bright sunny day in the pool area?** Sit with friends by the pool or just soak in the

mineral pool. If you soak for awhile right before a massage, you will already be so relaxed and cleansing by the time you even begin with your massage.

7. Relax in the home where you're staying.

Sometimes it's good to just take an afternoon nap.

Again, the main thing is to plan on getting lots of rest and relaxation while you're at Hippocrates. Carve out time each day. Rest and play.

Sunshine

An important part of the program is to get sunshine every day. The best times are before 10 am and after 4 pm.

You may be able to combine this with your pool time. Try to get half an hour a day of sun. You get essential vitamins you don't get anywhere else.

We've been taught to avoid the sun to protect ourselves from skin cancer. **At Hippocrates you'll learn that it's not the sun that causes skin cancer. It's the chemical reaction caused by the toxic foods we normally eat that can be triggered by the sun.**

You will most likely see such a difference in your skin on this program. Enjoy it and get a little sun!

Supplements

Dr. Brian Clement is currently writing a book exposing the supplements industry. According to him, the body can't even use most of the supplements on the market. And if they're synthetic as most are, they are just adding to the toxins in the body.

Your body is a complex process and science hasn't even begun to understand the synergies created when vitamins are taken together in living foods. It's a very different thing to try to isolate one and take it alone.

So what are the supplements that Hippocrates promotes?

Over the 30 years he's been director, Dr. Brian Clement has carefully built up a line of supplements. His quest is to promote only what truly contributes to your health.

So the supplements must be actually soil based, not synthetic. And they are essential to your health and cannot be obtained directly by eating raw and living foods.

Dr. Anna Maria will discuss what you need specifically when you meet with her. Usually they will include:

Digestive enzymes - because processed and cooked foods have depleted people's bodies of enzymes, it is essential to replenish them. Together with the raw living food, this will help you rebuild the enzymes in your body.

Viktorus Kolvinskis, who co-founded Hippocrates, along with Ann Wigmore calls enzymes the blue-collar workers of the body.

Enzymes serve many purposes besides digestion. By not calling on your own inherited supply, you free up your body's enzymes for other important tasks like fighting disease.

Pro-Biotic – while antibiotics kill everything in their path in the attempt to kill bacteria, pro-biotics give life to the cells.

Sea Plants - like the blue-green algae mentioned in the Green Drink Section, various sea plants are used to create supplements with tremendous healing qualities.

There are many others that Anna Maria may prescribe for you. Here I've only listed the main three. Spend some time in the store and ask questions. The knowledgeable staff will be glad to help you.

Tour of a Health Food Store and Beach Trip

When you stay for more than a week, you have the opportunity to go on a tour on Sundays.

Sometimes the tour is directly to the beach, and other times it includes a guided tour of the health food store.

Sign up early to get your space as seats are limited in the van. If you have a car, you may want to follow along and take some people with you.

If you're not already living the Hippocrates lifestyle, a health food store tour is a must.

You'll see firsthand that most of the aisles are full of junk food even in the so-called “health” food store. And you'll get a very good idea of how to go about choosing what to buy for yourself.

The beaches in Palm Beach Florida are truly lovely. An afternoon at the beach is a relaxing time with new friends and a change of scenery.

Wheatgrass

Last on the alphabet, wheatgrass is certainly not least in the program.

In fact, the program was founded on grass. As the story goes, the founder Ann Wigmore was very ill and the doctors could do nothing for her.

In desperation, she observed that animals always nibble on the lawn when they're feeling sick. So she started chewing lawn grass and her body started healing.

Fortunately, wheatgrass is much better than lawn grass. It's grown on-site in the greenhouse. You will learn how to juice it yourself and no, you don't have to chew it.

If this is your first stay at Hippocrates, please wait for the orientation on Monday morning. Relax, you'll get plenty of wheatgrass during your stay.

During the orientation you will learn exactly how to juice the wheatgrass. It's pretty easy.

How Do You Drink Wheatgrass?

You always drink it on an empty stomach, although you can combine it with green drinks. But you can't combine it with any foods.

Best times to drink your wheatgrass are first thing in the morning and somewhere between four and 5 p.m., before dinner. You could wait until bedtime instead, but you may find the extra energy keeps you up at night.

Drink only 2 ounces at a time twice a day. It's best to drink it slowly and wash it down with water.

The wheatgrass implants are 4 ounces, so you'll save time if you juice 6 ounces and do both at once.

Besides being loaded with vitamins and 95 trace minerals wheatgrass is easy for the body to assimilate. Its composition is so similar to your blood, it's like a transfusion of health.

Plan it so that you can lie down and relax after doing an implant. Give your body time and relaxation, so you can absorb as much of the nutrients as possible.

You now have the detailed specific information to arrive at Hippocrates well-informed and ready to go.

Print this book and take it as a reference during your stay. It will help you maintain your balance when things get really busy.

You won't be wishing you had done things differently when you reach the end of your stay. You'll have done exactly what you came to do and you'll be prepared to create positive changes in your life when you go home.